

Drop-in Programs and Other Services

Drop-in Meals

Family Supper

Mondays

Dec. 4, 11

5:30-6:30 pm

Community Lunch

Tuesdays

Dec. 5, 12

12-1 pm

Drop-In Breakfast

Wednesdays

Dec. 6, 13, 20

9-10:30 am

Café Drop-in

Thursdays

Dec. 7, 14, 21

11-12 pm

★ **Please note: registration is required for the Holiday Meals on Dec. 18 & 19** ★

Wellness Navigator Drop-in

Wednesday, Dec. 13

9-10:30am

A Wellness Navigator from the Community Health Team will be here to help you identify your health needs and connect to resources in the community.

Walk Group

Wednesdays, Dec. 6, 13,

9:30am

Join NS Walks for a free, gentle and friendly walking group. To register please call 902 932-6902 or email walk@hikenovascotia.ca

**Community Action Office
Appointments**

Thursdays, Dec. 7, 14, 21 from 1-3pm

If you need some one-on-one help to connect with supports in the community, please call 902-464-8234 to make an appointment with our CA Coordinator.

**Good Food Market**

Fridays, Dec. 1, 8, 15, 22

10-11:30am

A market where we sell produce at affordable prices.

Our market is for those who cannot afford or are unable to shop at other grocery stores. We subsidize the produce we sell through our fundraising efforts.

School Partnerships

Preprimary Cooking

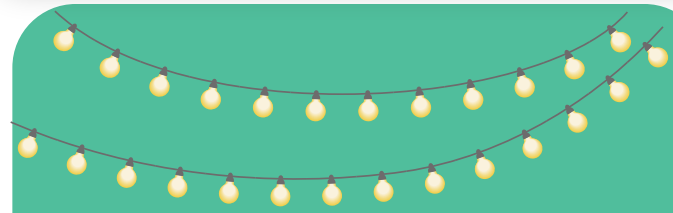
In partnership with Harbour View School, children learn how to follow a simple recipe, prepare a yummy snack and enjoy a story and circle time.

John Martin Youth

The grade eights from John Martin Junior High will be here to volunteer.

December 2023

Holiday Meals



We are pleased to announce that we will be serving a traditional, halal turkey dinner in our dining room with a vegan option available.

**Family Holiday Supper
(families with children under 18)**

Monday, Dec. 18

Seating 1 4:30-5:30pm

Seating 2 6-7pm

Community Holiday Meal

Tuesday, Dec. 19

Seating 1 11am-12pm

Seating 2 12:30-1:30pm

This is a registered event. ★ ★
Please call 902 464-8234 to register.

*Let's
Celebrate*

Food Skills Programming

Food Demo

Wednesdays, Dec. 6, 13, 20

11-12am



Join us as we walk through a simple and delicious recipe, enjoy a sample taste and get the recipe to make at home.

Cooking Together

Tuesday, Dec. 5

2-4pm

Join us for a fun afternoon as we cook and try some tasty recipes. This month: egg rolls!

Young Cooks: Alumni Edition

Tuesday, Dec. 12

3:30-5:30pm

(Children 8-12 years)

Yum!

Kids who have completed a 4-week Young Cooks program are invited to a special holiday inspired cooking session!

Adult Programming

Craft and Chat

Thursday, Dec. 7th

9:30-11am

Join us in to make a winter themed craft and enjoy a festive treat.



Children's Programming



PLAY
IS THE WORK
OF CHILDHOOD



Baby & Me

(Children under 1 year and caregivers)
Tuesdays, Dec. 5, 12, 19
1:30-3pm

Baby & Me is an interactive program for caregivers & their young babies. You'll have the opportunity to meet others, play, and enjoy a snack together.

Well Baby

Tuesday, Dec. 12
1:30-3pm

A public health nurse is here bi-weekly to meet one on one with you, weigh your baby and discuss any concerns or answer any questions you might have about your baby.



Family Playgroup

(Children ages 1+ and caregivers)
Wednesdays, Dec. 6, 13, 20
10-11:30am

Family Playgroup is a time to get together to play with your child, sing songs and enjoy a delicious snack.

Time For Me

Monday, Dec. 1
9:30-11:30am



This program provides parents with the opportunity to run errands or just have time for themselves while their children play in Child Development.

Holiday Tip #1

Try to maintain some parts of a routine

Routine helps children know what to expect and what is expected of them, which helps reduce stress for everyone.

Keeping some of their usual routines, appropriate for their age, can help you all feel a little more grounded.

Adult Family Programming

Holiday Tip #2

Manage your time and don't try to do too much.

Prioritizing your time and activities can help you use your time well. Remember that it's okay to say no to plans that don't fit into your schedule or make you feel good.

Holiday Tip #3

The holidays can be hard. This season, focus on the things that bring you JOY.

Perhaps a good book, a special treat, or spending time outside or with a close friend.

Joy

Holiday Gift Ideas

Monday, Dec. 4
Tuesday, Dec. 5
9:30-11:30 am



Join us to make some homemade gifts to take home. Whether you are looking for ideas for a friend, a family member or want to keep it yourself, there will be ideas for everyone.

Coffee Talk

Monday, Dec. 11,
10-11:30 am



Join us for some social time in our program room while your children play in Child Development. This month we will be hosting a hot chocolate bar.

Youth Connects

Mondays, January 15 - March 4
3:30-6pm



In January we will be doing a new, seven week program for youth ages 12-14. The program will focus on cooking, baking, and of course, having fun!



THE NORTH GROVE

6 Primrose Street, Unit 115

902-464-8234 ext. 0

www.thenorthgrove.ca

December 2023

Monday

Tuesday

Wednesday

Thursday

Friday



HOW? to register

Call us at 902-464-8234 ext. 0 to get on a program's interest list.
We will notify you if there is a space for you to attend.

Drop-in Meals, Drop-in programs and the Good Food Market do not require registration.

1

9:30-11:30 *Time for Me*

10-11:30 *Good Food Market*

4

9:30-11:30 *Holiday Gift Ideas*

5:30-6:30 *Family Supper Drop-in*

5

9:30-11:30 *Holiday Gift Ideas*

12-1 *Community Lunch Drop-in*

1:30-3 *Baby & Me*

2-4 *Cooking Together*

6

9-10:30 *Breakfast Drop-in*

9:30 *Walk Group*

10-11:30 *"PJ Day" Family Playgroup*

11-12 *Food Demo*

CLOSED IN PM

7

9:30-11 *Winter Craft and Chat*

11-12 *Café Drop-in*

1-3 *CAO Appointments*

8

10-11:30 *Good Food Market*



11

10-11:30 *Coffee Talk*



5:30-6:30 *Family Supper Drop-in*

12

12-1 *Community Lunch Drop-in*

1:30-3 *Baby & Me/Well Baby*

3:30-5:30 *Young Cooks Alumni edition*

13

9-10:30 *Breakfast Drop-in
Wellness Navigator Drop-in &
Dal Legal Aid Service*

9:30 *Walk Group*

10-11:30 *Family Playgroup*

11-12 *Food Demo*

CLOSED IN PM

14

11-12 *Café Drop-in*



1-3 *CAO Appointments*

15

10-11:30 *Good Food Market*



Monday

Tuesday

Wednesday

Thursday

Friday

18

Holiday Family Supper
4:30-5:30
6:00-7:00
**please register*



19

Holiday Community Lunch
11:00-12:00
12:30-1:30
**please register*



1:30-3 "PJ Day" *Baby & Me*

20

9-10:30 *Breakfast Drop-in*
10-11:30 *Family Playgroup*
11-12 *Food Demo*

CLOSED IN PM

21

11-12 *Café Drop-in*

1-3 *CAO Appointment*



22

10-11:30 *Good Food Market*



*It has been our sincere pleasure having you
volunteer and attend our many meals, programs
and events this past year.*

*We look forward to seeing you again in 2024
and wish you all a very happy holiday season.*

The North Grove Staff

**The North Grove will close on Friday, December 22
and will reopen on Tuesday, January 2.**

**To access food and/or other supports please call
211: a free, confidential helpline and web service
that connects you to community and social services
and
pick up a copy of the Dartmouth Food Calendar for
December from our front desk.**